

GUT HEALERS

An inside job

INTESTINAL CLEANSING IS ABOUT AS FUN AS IT SOUNDS, BUT IT LEADS TO MORE CLARITY AND PHYSICAL IMPROVEMENT THAN EXPECTED





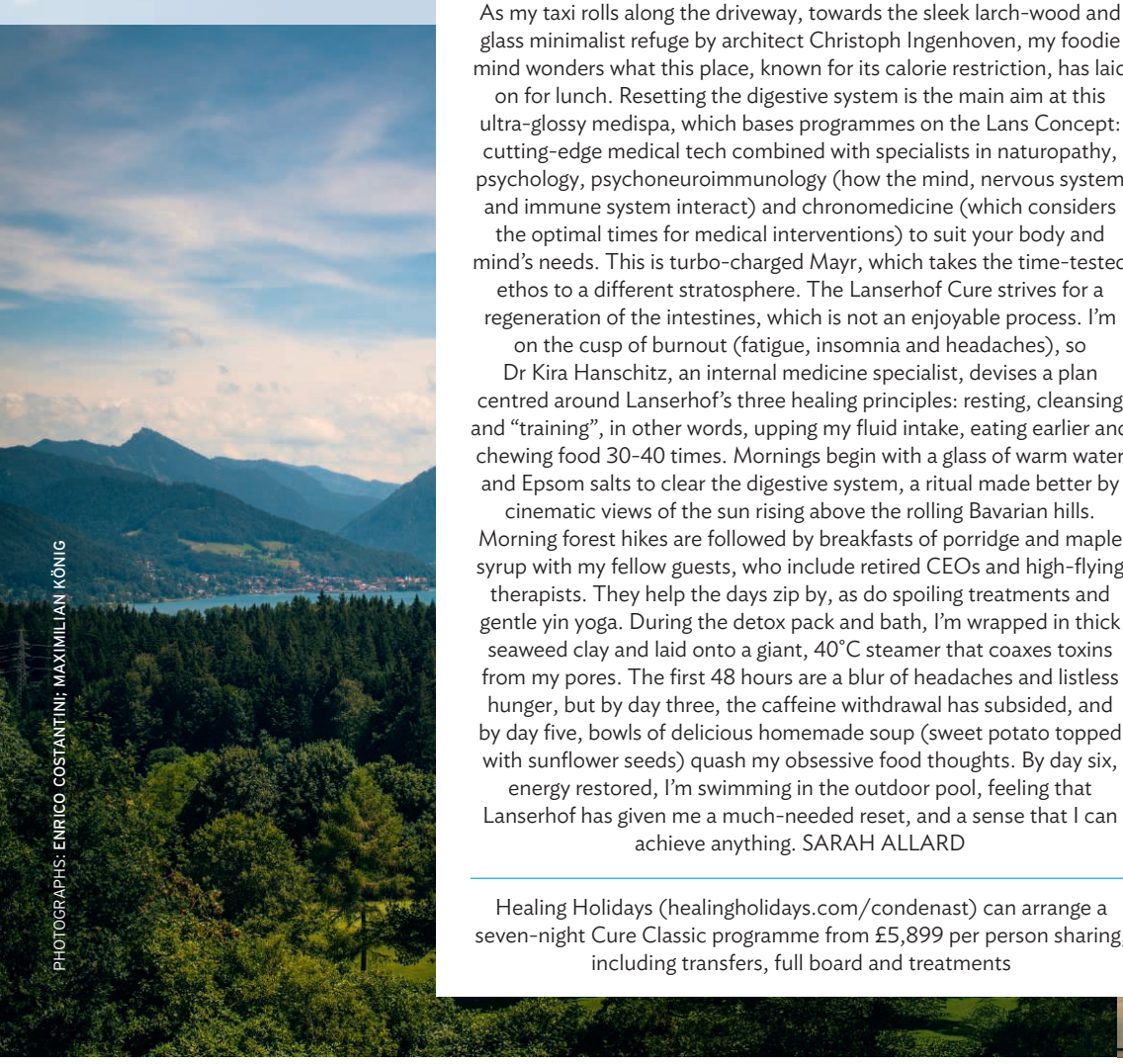
BAVARIA, GERMANY

Lanserhof Tegernsee

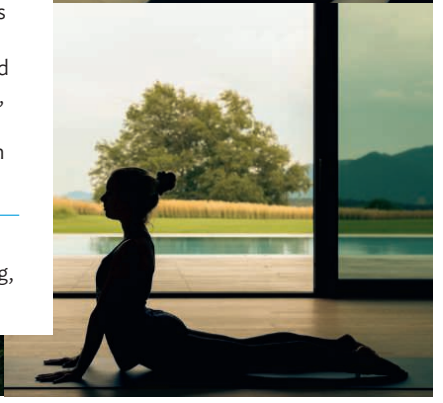
THE MOST RIGOROUS RENEWAL IN THE ALPS

As my taxi rolls along the driveway, towards the sleek larch-wood and glass minimalist refuge by architect Christoph Ingenhoven, my foodie mind wonders what this place, known for its calorie restriction, has laid on for lunch. Resetting the digestive system is the main aim at this ultra-glossy medispa, which bases programmes on the Lans Concept: cutting-edge medical tech combined with specialists in naturopathy, psychology, psychoneuroimmunology (how the mind, nervous system and immune system interact) and chronomedicine (which considers the optimal times for medical interventions) to suit your body and mind's needs. This is turbo-charged Mayr, which takes the time-tested ethos to a different stratosphere. The Lanserhof Cure strives for a regeneration of the intestines, which is not an enjoyable process. I'm on the cusp of burnout (fatigue, insomnia and headaches), so Dr Kira Hanschitz, an internal medicine specialist, devises a plan centred around Lanserhof's three healing principles: resting, cleansing and "training", in other words, upping my fluid intake, eating earlier and chewing food 30-40 times. Mornings begin with a glass of warm water and Epsom salts to clear the digestive system, a ritual made better by cinematic views of the sun rising above the rolling Bavarian hills. Morning forest hikes are followed by breakfasts of porridge and maple syrup with my fellow guests, who include retired CEOs and high-flying therapists. They help the days zip by, as do spoiling treatments and gentle yin yoga. During the detox pack and bath, I'm wrapped in thick seaweed clay and laid onto a giant, 40°C steamer that coaxes toxins from my pores. The first 48 hours are a blur of headaches and listless hunger, but by day three, the caffeine withdrawal has subsided, and by day five, bowls of delicious homemade soup (sweet potato topped with sunflower seeds) quash my obsessive food thoughts. By day six, energy restored, I'm swimming in the outdoor pool, feeling that Lanserhof has given me a much-needed reset, and a sense that I can achieve anything. SARAH ALLARD

Healing Holidays (healingholidays.com/condenast) can arrange a seven-night Cure Classic programme from £5,899 per person sharing, including transfers, full board and treatments







PHOTOGRAPHS: ENRICO COSTANTINI; MAXIMILIAN KÖNIG